

Mushrooms & spinach with poached eggs



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Preparation 10 mins | Cooking 15 mins | Serves 4

1 tbs olive oil
400g Swiss brown button mushrooms, trimmed and sliced
1 garlic clove, finely chopped
¼ cup chicken stock
2 sprigs thyme
4 free range eggs, at room temperature
4 thick slices sourdough bread, cut on the diagonal
40g baby spinach leaves

STEP 1 Heat oil in a medium frying pan over medium heat until hot. Add mushrooms and garlic and cook, stirring occasionally for 5 minutes until mushrooms just soften. Add stock and thyme, reduce heat and gently simmer, stirring occasionally, for 5 minutes or until mushrooms are just tender. Keep warm.

STEP 2 Meanwhile, bring a large frying pan of water to the boil over medium high heat. Break an egg into a small dish, gently ease egg into the water. Repeat using remaining eggs. Cook for 2-3 minutes until the egg white sets and yolk is runny. Gently remove eggs with a slotted spoon and drain on a plate lined with paper towel.

STEP 3 Toast bread. Place toast on serving plates, top each slice with spinach, mushrooms and a poached egg. Season with salt and pepper to taste and serve.

Good for you... **MUSHROOMS**

Fresh mushrooms have virtually no fat, are low-in kilojoules, and are a good source of several B vitamins as well as potassium and selenium.

